

Name:

Team:

Date:

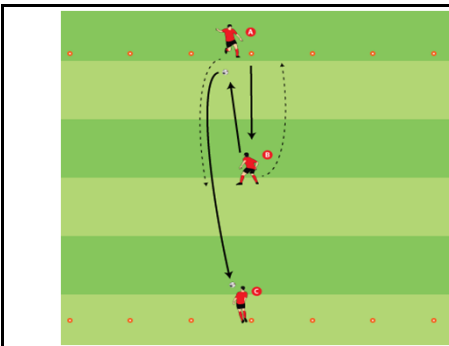
Mesocycle:

Microcycle/Day:



TRAINING OBJECTIVE(S):

ATTACKING: Improve my team's ability to build up through midfield. WHO? Midfielders 6, 8, 10 (3, 5, 4, 2) WHERE: Midfield third. WHEN: Our defense has possession and we want to penetrate forward through the middle third of the field. WHY: To improve our ability to maintain possession while moving up the field with purpose to create a quality goal scoring opportunity. Keep numerical superiority whenever possible and work the opposites as we go forward.



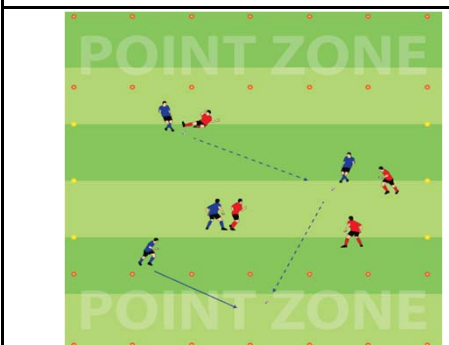
I. WARM-UP Intensity: Activity Time:
 Duration: Intervals: Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Short, Short, Long passing warm-up. 20 x 30 yard area, at least 3 balls (extras balls on the side nice to have), 9 players (or more widen the grid). Create groups of 3.

COACHING POINTS / KEY CONCEPTS

Play 1 touch when you can but keep the ball under control as this is the receivers first priority. Accuracy and pace of the pass. Short passes should stay on the ground, long passes may be flighted to challenge the passer and receiver.



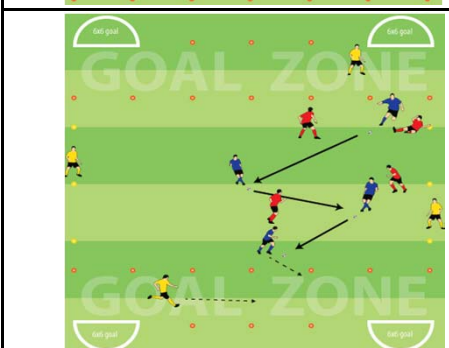
II. SMALL-SIDED ACTIVITY Intensity: Activity Time:
 Duration: Intervals: Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

40 x 30 yard area with 2 Point-Zones 5-10 yards deep. The size of the area should be changed based on the age and number of players. Play 4 v 4. (12 players)

COACHING POINTS / KEY CONCEPTS

Off the ball runs and precise passing. Whenever possible use 1 touch passing and change direction, in other words work the opposites. Players should be executing play at full game speed. Points scored by dribbling or passing into the "point zone"



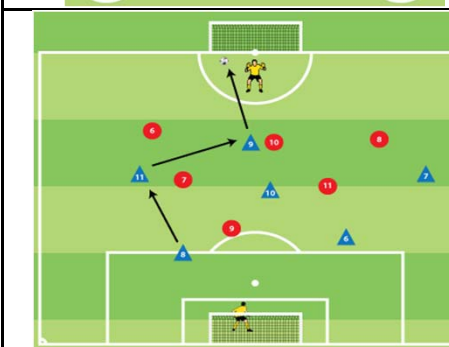
III. EXPANDED ACTIVITY Intensity: Activity Time:
 Duration: Intervals: Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

40 x 30 yard area with 2 Goal-Zones 5-10 yards deep. Place 4 mini goals, 2 at each end 20-25 yds. apart. Play 4 v 4 (red vs. blue) with a 3rd team in yellow. (12 Players)

COACHING POINTS / KEY CONCEPTS

Possession team uses 2 bumper players to give them numerical superiority. Pass opposite to score easily and avoid the last defender waiting in the goal zone area. Play 1 touch passing, off ball runs, verbal communication between players. Pre fake.



IV. GAME Intensity: Activity Time:
 Duration: Intervals: Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

14 Players 7v7 (6 on the field plus one goalkeeper) Half a field area. Colored sports pinnies. 10-12 soccer balls with extras placed around the area.

COACHING POINTS / KEY CONCEPTS

Have 1 team play using a possession approach and methodically work their way into creating a quality scoring chance. Have the other team play direct to goal as fast as possible (long ball). Use the extra balls for quick restarts.